CLAIMS:

1. A method for temporary surface protection or surface modification, comprising:

providing a sheet material having an activatable adhering side and an opposing utility side, wherein:

the sheet material has a base portion having physical characteristics of having been non-elastically stretched in at least one dimension by a stretch ratio of at least 1:1.05;

the activatable adhering side comprises a plurality of predetermined surface elements separated from each other leaving openings between adjacent surface elements, separation being caused by stretching of the sheet material; and

the sheet material further has an adhesive layer at least partially exposed to the activatable adhering side through the openings between surface elements such that after activation by a user, the activatable adhering side exhibits an adhesion peel force greater than an adhesion peel force exhibited prior to activation by a user;

applying the activatable adhering side of the sheet material on a target surface; and

activating the activatable adhering side.

2. The method of claim 1, wherein the activatable adhering side is activated by applying a finger or hand pressure.

3. The method of claim 1, wherein the sheet material is adapted to be easily repositionable after being applied to the target surface and easily removable after being activated.

4. The method of claim 1, wherein at least a portion of the sheet material is impermeable to fluids through the utility side.

5. The method of claim 1,wherein at least a portion of the sheet material is absorbent to fluids.

6. The method of claim 1, wherein the sheet material is highly flexible such that it can be easily conformed to the target surface.

7. The method of claim 1, wherein the utility side of the sheet material has a higher coefficient of friction than the target surface when contacted by an object such as a tool or human skin.

8. The method of claim 1, wherein the utility side of the sheet material has an optical characteristic different from that of the target surface.

9. The method of claim 1, wherein the sheet material is provided in a roll form.

10. The method of claim 1, wherein the sheet material is provided in pre-cut discrete sheets.

11. The method of claim 1, wherein the utility side of the sheet material is aseptic for providing infection protection.

12. The method of claim 1, wherein the utility side of the sheet material bears an antibacterial agent.

13. The method of claim 1, wherein the sheet material is transparent to visible light.

14. The method of claim 1, wherein the sheet material is translucent to visible light.

15. The method of claim 1, wherein the sheet material is at least partially impermeable to light of wavelengths in a specific range.

16. The method of claim 1, wherein the sheet material is at least partially opaque to visible light.

17. The method of claim 1, wherein the sheet material is adapted to provide radiation protection.

18. The method of claim 1, wherein the utility side bears printed indicia.

19. A method for temporary surface protection or surface modification in a hospital or dental office, the method comprising:

providing a multilayer sheet material having an activatable adhering side and an opposing utility side, wherein after activation by a user, the activatable adhering side exhibits an adhesion peel force greater than an adhesion peel force exhibited prior to activation by a user, such that the sheet material is easily repositionable before being activated and still removable by peeling after being activated;

applying the activatable adhering side of the sheet material on a target surface commonly found in a hospital or a dental office, wherein the utility side of the sheet material provides a desired surface contact property not available on the target surface;

activating the activatable adhering side; and

removing the sheet material from the target surface after the desired surface contact property is no longer required.

20. The method of claim 19, wherein the activating step comprises:

activating a desired potion or portions of the activatable adhering side only.

21. The method of claim 19, wherein the target surface defines a first target surface, the method further comprising:

after removing the sheet material from the first target surface, applying the activatable adhering side of the sheet material on a second target surface commonly found in a hospital or a dental office.

22. The method of claim 19, wherein the target surface is a smooth surface.

23. The method of claim 19, wherein the target surface is on a patient's body and the sheet material is adapted to be used as a medical drape.

24. The method of claim 19, wherein the desired surface contact property is impermeability to fluids through the utility side.

25. The method of claim 19, wherein the desired surface contact property is a high absorbency to fluids.

26. The method of claim 19, wherein the desired surface contact property is a high coefficient of friction when contacted by an object.

27. The method of claim 19, wherein the desired surface contact property is a color.

28. The method of claim 19, wherein the desired surface contact property is partial or total radiation impermeability.

29. The method of claim 19, wherein the sheet material is at least partially transparent to visible light.

30. The method of claim 19, wherein the sheet material is at least partially translucent to visible light.

31. The method of claim 19, wherein the sheet material is at least partially impermeable to light having a wavelength suitable to cause polymerization of a light activated dental material.

32. The method of claim 19, wherein the sheet material is opaque to visible light.

33. The method of claim 19, wherein the utility side bears printed indicia.

34. A bib wearable by a user, comprising:

an activatable adhering side, wherein after activation by a user, the activatable adhering side exhibits an adhesion peel force greater than an adhesion peel force exhibited prior to activation by a user, such that the bib does not dislodge itself from the user after being activated on the user but is easily removable by peeling even after being activated; and

an opposing utility side, through which side the bib is impermeable to fluids.

35. The bib of claim 34 adapted for use by a patient in a hospital or a dental office.

36. The bib of claim 35, wherein at least a part of the utility side is a material absorbent to fluids such that a dental practitioner can dispose waste or wipe dental instruments thereon.

37. The bib of claim 35, wherein the utility side bears printed indicia.